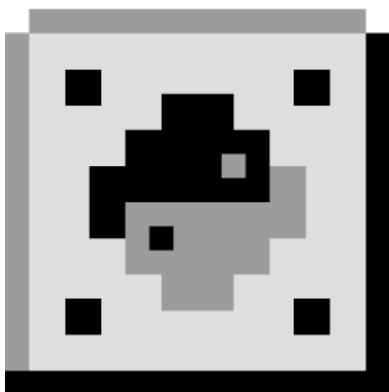


I Do Tai Chi Now



- 10 Tai Chi Principles
- 8 Tai Chi Methods
- Crane Spreads Wings

More Moves & Such Can Be Found



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What's All This Then?

Tai Qi and Qi Gong are practices originating in China

They combine body movement, breathing, and visualization with a goal of getting the mind and body connected and running together smoothly

Qi Gong is much older - first created as a health practice with roots stretching back over 2,000 years

Tai Chi developed out of Qi Gong quite a bit later as folks asked the question:

“What to do with an oncoming force?”, or

“How can I use this stuff in a fight?”

The principles, movements, and techniques of Tai Chi began as a martial art, but are also used by many around the world to aid with all sorts of health issues

I'm teaching the health stuff

That's what I learned

Please don't use any of this in a fight

It's a nice way to breathe and move around, an excuse to go to a beautiful place, a pleasant activity alone or with friends

It is a helper

It is not a replacement for medical treatment

If you're not sure if this is right for you,
ASK YOUR DOCTOR

DOCTOR DOCTOR DOCTOR

(doctor!)

10 Tai Chi Principles

Here are 10 things one can keep in mind whilst moving about

- 1. Keep the head light & bouyant**
Like a string is extending out of the soft spot on the head, lifting everything up
- 2. Pull in chest & expand the back**
Aim for a straight-ish spine
- 3. Relax the waist & let it lead**
Move from the gut, loosey goosey
- 4. Separate empty & full**
Weight is on one side or the other
(or on the journey)
- 5. Relax shoulders & drop elbows**
Everything soft and round
- 6. Use more intent, less force**
Like finding a knife in one's own kitchen
vs. looking for a knife in a strange kitchen
- 7. Coordinate upper & lower body**
Rooted in feet, led by waist,
flows out to the rest
- 8. Connect internal & external**
Info flows from brain to body and back,
continuously with minimal blockage
- 9. Keep it smooth**
Like a ball bobbing up and down on a wave
vs bouncing on a floor
- 10. Find stillness in movement**
A spinning coin is more stable
than one balanced on its edge

These are principles, not rules

They are things to follow when possible and appropriate

There is nothing to worry about breaking

Paraphrased from Yang Cheng Fu
A developer and popularizer of Tai Chi
First published in 1925

8 Tai Chi Methods

When approached by an oncoming force, there are more options available besides punch or hug

1. **Split** - 裂 liè
Find its two internal momentums
Widen the gap
2. **Pull** - 採 cǎi
Bring it down and in
Make it smaller
3. **Push** - 按 àn
Send it up and out
Let it disperse
4. **Roll Back** - 捋 lǚ
Let it in
Stay with it and influence the direction
5. **Elbow Strike** - 肘 zhǒu
Focus energy into small point
Aim at empty part of target
6. **Ward Off** - 棚 péng
Wall of energy
Aim at a full part of target
7. **Pierce** - 挤 jǐ
Focus energy into small point
Aim at full part of target
8. **Shoulder Strike** - 靠 kào
Wall of energy
Aim at empty part of target

All Tai Chi movements are made up of these 8 methods, along with the 5 directions:



Crane Spreads Wings

Movement

Start by shaping arms into a ball



Turn body towards bottom-hand-side-corner,
Weight shifts to that side
Bottom hand floats up
Other hand drifts across to meet
Inhale



Turn body back towards center
Weight stays on same side
Inner Hand floats down and across
Empty foot steps out a bit, landing lightly on toe
Exhale



To loop it, form another ball
Top hand = top of ball
Bottom hand = bottom of ball
Do the thing again



Crane Spreads Wings

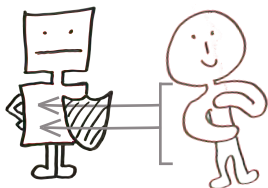
Method

The 8 methods are within the movements
ready to be found, like marbles in oatmeal

With Crane Spreads Wings,
I often think about Shoulder Strike and Ward Off

Both send a wall of force outward,
but in two different ways

As my weight shifts to one side,
I can use that movement to put my
shoulder into it a bit, like a hockey check

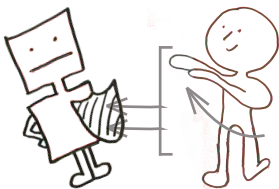


This is kào,
or shoulder strike

By directing the force at an empty spot,
it can be used to make the target off balance

That can make the next part of the move
more effective

As my arm rises and body turns,
I create and send out a barrier,
blocking that which I am done with



This is péng,
or ward off
AKA expand

Now that over there is taken care of,
I can comfortably face whatever is in front of me

